

THE VINEYARD SCHOOL

Spring / Summer 2021



WEEK 1

19/04, 10/05,
07/06, 28/06, 19/07

Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
	Macaroni Cheese <i>milk and cheese</i>	Organic Beef Burger	Tandoori Free Range Chicken served with Steamed Rice <i>50/50 white and wholemeal rice</i>	Honey and Ginger Chicken served with Noodles	Gluten Free Battered or Grilled Fish served with Chips
Option 2	Jacket Potato served with Cheese	Bean Burger (Ve) <i>black eyed beans and kidney beans</i>	Chick Pea, Sweet Potato and Spinach Balti served with Steamed Rice (Ve) <i>50/50 white and wholemeal rice</i>	Roasted Red Pepper Pasta (Ve) <i>50/50 white and wholemeal pasta, lentils, tomato, garlic, red pepper and onion</i>	Pizza Whirl served with Chips
Vegetables	Cabbage Sweetcorn	Cauliflower and Broccoli Garden Peas	Green Beans Carrots	Roasted Root Vegetables Sweetcorn	Baked Beans Garden Peas
Dessert	Fresh Fruit Salad	Jelly	Fresh Fruit or Yoghurt	Apple and Cinnamon Crumble Slice <i>50% fruit dessert</i>	Fruit Slushy

WEEK 2

26/04, 17/05,
14/06, 05/07

Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
	Cheese and Tomato Pizza served with Potato Wedges <i>Cheese, lentils, tomatoes, carrots, onion and garlic</i>	Organic Beef Cottage Pie <i>minced beef, lentils, tomatoes, onion and garlic</i>	Sticky Free Range Chicken served with Steamed Rice <i>50/50 white and wholemeal rice</i>	Pork Sausage served with Mashed Potato and Gravy	Breaded Fish Fingers or Salmon Fish Fingers or Grilled Fish served with Chips
Option 2	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Roasted Vegetable Pasta (Ve) <i>lentils, tomato, garlic, onion, courgettes, peppers, carrots, 50/50 white and wholemeal pasta</i>	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Vegetarian Sausage (Ve) served with Mashed Potato and Gravy	Chick Pea Patty served with Chips (Ve) <i>chick peas and sweetcorn</i>
Vegetables	Carrots Garden Peas	Broccoli Sweetcorn	Carrots Cabbage	Green Beans Carrots	Baked Beans Garden Peas
Dessert	Fresh Fruit or Yoghurt	Peach Sponge with Custard <i>50% fruit dessert</i>	Chocolate and Coconut Cookie	Fresh Fruit Salad	Fruit Slushy

WEEK 3

03/05, 24/05,
21/06, 12/07

Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
	Sweet Chilli Quorn served with Noodles	Organic Beef Pasta Bolognaise <i>minced beef, lentils, peppers, carrots, tomatoes, onions, 50/50 white and wholemeal pasta</i>	Piri Piri Free Range Chicken served with Cous Cous	Sausage and Apple Plait served with Roast New Potatoes	Gluten Free Battered Fish or Grilled Fish served with Chips
Option 2	Cheesy Pesto Pasta <i>50/50 white and wholemeal pasta</i>	Vegetarian Pasta Bolognaise (Ve) <i>minced beef, lentils, peppers, carrots, tomatoes, onions, 50/50 white and wholemeal pasta</i>	Spicy Tomato Pasta (Ve) <i>lentils, peppers, carrots, tomatoes, onions, 50/50 white and wholemeal pasta</i>	Jacket Potato served with Cheese	Vegetable Nuggets served with Chips (Ve) <i>carrots, sweetcorn, green beans, potato and cauliflower</i>
Option 3					
Vegetables	Carrots Green Beans	Medley of Vegetables	Green Beans Carrots	Sweetcorn Roasted Butternut Squash	Baked Beans Garden Peas
Dessert	Strawberry Ice Cream	Chocolate Shortbread with Apple Slices <i>50% fruit dessert</i>	Fresh Fruit or Yoghurt	Fresh Fruit Salad	Fruit Slushy

LOOK FOR THE SUGAR SHERIFF THESE MEALS ARE COMPLETELY FREE FROM ADDED SUGAR!



Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

THIS MENU SUPPORTS:



We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

